



The Dales School
North Yorkshire

Relationships and Sex Education Policy

Person responsible:

Headteacher

**Reviewed and approved by Full Governing
Body:**

December 2022

Next Review Date:

December 2023

Signed.....

Date:

The Dales School

Relationships and Sex Education Policy

Relationships and Sex education is a vital aspect of the curriculum for all pupils. Planning and implementation are sensitive and discrete, taking into the account the legislation in the 1996 Education Act and subsequent guidance including respect for different lifestyles encouraging the pupils to respect diversity, such as the Equality Act (2010). It also supports 'Keeping Children Safe in Education' (2020) and from September 2020 became statutory teaching for all schools.

The relationships and sex education programme at The Dales School is incorporated in the Personal and Social Health Education Programmes. It is closely aligned to EYFS PSD and Primary/Secondary My Care and Independence curriculum and ASDAN My Independence programme. PSHE elements include relationships, self-awareness, social and emotional awareness, moral education, healthy lifestyle and family life. The relationships and sex education programme is sensitively structured so that it can be tailored to meet the individual needs of our pupils.

Aims and Objectives of the School Relationships and Sex Education Policy.

Our aim is to provide a curriculum which is supportive of the whole school aims.

Relationships and Sex Education will:

- Promote the spiritual, cultural, mental and social well-being of all pupils.
- Prepare pupils for adult life.
- Develop pupils' awareness and understanding about the importance of strong positive relationships and being able to differentiate between different types of relationships.
- Support pupils to develop skills for building positive, enjoyable, respectful and non-exploitative friendships, relationships and to stay safe.
- Support pupils to understand accurate information, develop skills and form positive beliefs, values and attitudes.
- Support pupils to understand each person's right to make informed choices and have a voice that is respected and acknowledged.

Our objectives are:

- To offer information that is personalised and conceptually appropriate to each pupil's developmental needs.
- To present information in a sensitive, balanced and objective manner.

- To present information in an accessible, visual, practical and suitably differentiated way.
- To help pupils make well informed decisions as they develop physically, emotionally and socially.
- To promote and develop self-esteem.
- To support pupil mental health and well-being
- To encourage the development of appropriate behaviour within their family and society.
- To ensure the safety of our pupils.
- To encourage students to share and respect the views and lifestyle choices of others.
- To ensure that the teaching of these topics are relevant to the lives of the pupils and assessed and adapted as their needs change.
- To recognise the importance of working in partnership with parents and carers, to ensure an individualised approach.

The areas that may be covered are:

- Changes from birth to adulthood
- Personal care skills
- Physical development and healthy diet and exercise
- E-Safety and IT usage
- Safety within our home and community
- Respectful relationships
- Families and people who care for me
- Caring friendships
- Decision and choice making
- Intimate and sexual relationships, including sexual health
- Reproduction
- Contraception/Sexually transmitted diseases
- The law regarding sex and relationships
- Mental wellbeing
- Drugs, alcohol and tobacco
- Basic First Aid
- Emotional intelligence and empathy

The teaching of relationships and sex education takes place in small groups according to age, maturity or gender as appropriate. Some pupils need individual support from a member of staff with whom they feel comfortable, and time is allocated to meet this need as and when necessary. Other professionals such as the health service may contribute to areas of the curriculum. Parents will be informed via letter by the class teacher when RSE will be taught.

Children receive relationships and sex education from infancy, they learn such things as:

- All about me
- Which toilets to use out of the home environment and the need for privacy.
- Changes in our bodies
- People who help us
- Body awareness
- My likes and dislikes

As pupils reach adolescence, they need to understand the changes that affect their bodies and emotions. Their relationships and their sexual development need to be accompanied by the appropriate support to help them to make appropriate and safe judgements, choices and decisions. As pupils approach puberty they should be able to identify someone with whom they feel comfortable, is available to listen, help and advise them, including independent advocacy services. Parents are consulted about this area of the curriculum and are advised to their right to withdraw their child from this area of learning. Teachers will work together with parents and carers to develop appropriate terminology for sex and relationship issues, the aim being that this language is used consistently throughout the school and at home.

References:

www.fpa.org.uk/professionals/factsheets